

DINNERLY



Low-Cal Haloumi San Choy Bau with Capsicum and Crunchy Cashews



25 minutes



2 Servings

Our veggie version of san choy bau features carrot, capsicum and spring onion topped with pan-fried chunks of haloumi. Pile into lettuce cups, add cashews for crunch, then dig in!

WHAT WE SEND

- 1 red capsicum
- 1 spring onion
- 1 carrot
- 180g haloumi ⁷
- 5g Chinese barbecue seasoning ^{1,6,17}
- 40g cashews ¹⁵
- 1 baby cos lettuce

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs soy sauce ⁶
- 1½ tsp honey

TOOLS

- julienne peeler or box grater
- paper towel
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 565kcal, Fat 39.5g, Carbs 23.4g, Proteins 26.6g



1. Prep ingredients

Thinly slice the **capsicum** and **spring onion**. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Cut the **haloumi** into 2cm chunks and put in a bowl. Add the **Chinese barbecue seasoning** and toss to coat. Coarsely chop the **cashews**.



2. Prep lettuce

Trim the base of the **lettuce**, then separate the leaves and rinse under cold water. Pat dry with paper towel. Reserve **two-thirds of the largest lettuce cups**, then thinly slice the **remaining lettuce** (see Make it yours).



3. Stir-fry veggies

Heat **2 tsp vegetable oil** in a medium frypan over medium heat. Stir-fry the **capsicum** for 3 mins or until starting to soften. Add the **spring onion, carrot** and **garlic** and stir-fry for 1-2 mins until tender. Remove from the pan.



4. Pan-fry haloumi

Heat **2 tsp vegetable oil** in the same pan over medium-high heat. Cook the **haloumi**, stirring, for 1 min or until golden. Add **1 tbs soy sauce**, **1½ tsp honey** and **1 tbs water** and cook, stirring, for 30-40 secs until the haloumi is sticky and the sauce is slightly reduced. Remove the pan from the heat.



5. Serve up

Divide the **lettuce cups** among plates. Top with the **shredded lettuce, veggie mixture** and **haloumi**. Scatter over the **cashews** and enjoy!



6. Make it yours

We like the fun of eating with our hands, but if you don't feel like getting your hands dirty, just thinly slice all the lettuce, pile all the ingredients into a bowl and serve as a salad.